

October usgf NEWS

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NATIONAL HEADQUARTERS BUILDING - THE UNITED STATES GYMNASTICS FEDERATION



The United States Gymnastics Federation

P. O. Box 4407 • Tucson, Arizona 85727



EDITORIAL : October 1974

By the time this issue of the USGF NEWS reaches most of you, the men's and women's teams for the USA will be preparing to depart for Varna, Bulgaria and the 1974 World Championships. We waited until the last day for entries, I then called the FIG Office to ascertain which countries and how many had entered the event, and when I learned that virtually every nation in the world had done so, we too put our entries in the event.

Perhaps the only sad comment left relative to the action that placed the World Championships in Bulgaria is that a member nation of the F.I.G. will not be in attendance and it is not the government of that nation which will be denied the right to participate but the gymnasts. The most disheartening memory for me is that of the delegate from Algeria waving a flag and threatening a "third-world" takeover. It will be very interesting to see if the F.I.G. will recover from this sparring. As for the competition, well as it is in all parts of the world, when great athletes take the floor the performances are excellent and the memories of a rather tragic meeting will for a while be forgotten.

One change in the USSR Tour set for November, but the most significant change of all, is that they will not be in Chicago. Naturally, we moved the Congress so that all in attendance at that annual meeting could also see the USSR performance, and now that cannot be. It is, of course, too late to once more move the Congress as it remains (see form inside) in Chicago while the visiting USSR gymnasts will exhibit in Philadelphia on Saturday and Sunday afternoon on the 9-10 of November. From there they will go West and perform at the Cow Palace in San Francisco on November 15th, the Los Angeles Sports Arena on November 16th, and then back to the East to appear in Cleveland, Boston, New York and Washington, DC, which should make it possible for everyone to see them after attending the Congress.

Both USGF JUNIOR OLYMPIC events went exceptionally well, particularly when one considers the first-time effort of Wichita for the girls and Chicago for the boys. Following those two events perhaps one of the most noteworthy and significant events in men's gymnastics took place at Lincoln, Nebraska when the first ever USGF Olympic Development Camp was held. There are some reports in this issue on these events.

The USGF Congress will feature reports from Varna along with films from that event and I urge each of you to attend if at all possible. Formal sessions begin Friday and end Sunday noon and if you are into the sport of gymnastics, get to this meeting above all others and get involved in what is on schedule for the coming season, including hopefully a report on foreign tours for 1975, and some other rather promising events in the near future.

FRANK L. BARE, Executive Director



Left to right: Janette Anderson, Diane Dunbar, Debbie Fike, Joan Rice, Ann Carr, Kathy Howard, Barbi Myslak

The Final Trials to select the Women's Gymnastics Team to represent the United States in Varna, Bulgaria was held at the Anaheim Convention Center in Anaheim, California on September 27, 28 1974. Janette Anderson, who was allowed to compete on an injury petition was the winner and she had a great meet. The girls were nip and tuck throughout the two days with both Janette and Diane Dunbar having one fall each off the beam with Janette finally winning by less than 1/2 of a point.

Marjell Grossfeld, the coach, feels that we have a strong team and we look forward to a good competition in Varna. The team will be in training camp in Illinois until the 14th of October when they will leave for Varna. The final standings in the All Around are as follows:

Anderson, Janette	148.85
Dunbar, Diane	148.125
RICE, Joan	148.575
Fike, Debbie	148.00
Carr, Ann	148.00
Howard, Kathy	145.55
Myslak, Barbi	145.10



Left to right: Brett Simmons, Jay Whelan, Gene Whelan, Jim Ivceck, John Crosby, Steve Hug, Wayne Young

The 'CINDERELLA' of the World Games Final Trials for Men at the University of Texas on September 27, 28 was WAYNE YOUNG of Brigham Young University. Wayne was entered in the United States Gymnastics Federation Championship's of the USA in May of this year at Berkeley, California. He was relatively unknown (although he finished 3rd in the All Around at the NCAA's at Penn State in April). After the first event he was forced to withdraw from the competition because of food poisoning. Meanwhile Steve Hug suffered a leg injury and was unable to take part in the USGF Championships. The rules clearly stated THAT the 12 gymnasts who scored highest would be invited to the World Games Final Trials. Therefore these two gymnasts would not compete for the 7 berths on the team. Steve Hug petitioned the USGF for permission to be allowed to compete in the Final Trials. A ballot was needed to be mailed to the Foreign Relations Committee which is composed of 10 Top Coaches in the United States and on the morning that the ballot was to be sent, we received a letter from Bruce Moiragery asking if Wayne Young could be admitted to the Finals. Both of these men were approved and the results are history. Wayne Young - first place and Steve Hug - second place.

The University of Texas were fine hosts and the meet was highly successful, the team looks strong and it appears that as Coach Rusty Mitchell said "We will have a fine team and we should do well in Varna". The results were:

								GO TOTAL	FINAL TOTAL	PLACE
WAYNE YOUNG	C	8.25	8.60	9.2	9.1	9.15	8.85	53.65	106.60	1
STEVEN HUG	O	9.05	8.70	9.45	9.05	9.2	9.50	54.95		
JOHN CROSBY	C	8.7	9.00	9.25	9.1	9.1	9.3	53.95	107.70	2
GENE WHELAN	O	9.0	9.45	9.35	8.95	7.85	9.15	53.75		
JIM IVCEK	C	9.15	8.25	8.55	8.7	8.8	8.60	52.05	106.45	3
JAY WHELAN	O	9.55	8.55	9.55	9.2	9.1	9.05	54.40		
STEVEN HUG	C	8.5	9.60	9.55	9.6	8.7	9.0	51.95	105.45	4 - TIE
JOHN CROSBY	O	8.95	8.65	9.1	8.65	9.10	9.15	53.50		
GENE WHELAN	C	8.1	8.15	9.1	8.7	9.3	8.85	52.50	105.45	4 - TIE
JIM IVCEK	O	8.5	8.25	9.15	8.70	9.05	9.3	52.95		
JAY WHELAN	C	8.8	8.65	8.6	8.9	8.4	8.85	52.20	105.00	6
STEVEN HUG	O	9.1	7.95	8.05	9.1	8.8	9.2	52.80		
BRETT SIMMONS	C	8.2	8.35	8.5	8.75	9.15	8.05	51.00	104.70	7
STEVEN HUG	O	8.0	8.45	9.15	8.85	9.15	9.50	53.70		

USGF NATIONAL JUNIOR OLYMPICS CHAMPIONSHIPS

FOR GIRL'S & BOY'S

The first Annual USGF Junior Olympic National Championships for Girls and Boys in Wichita and Algonquin were highly successful. In Wichita, the Wichita Gymnastics Club under the direction of Tom Henrich staged a tremendous competition. Mr. Beverly Hodges and his committee left nothing to be desired in their all-out, all-around hospitable program and in the printing of a great program and the five awards.

Mrs. Sharon Weber did a fine job as meet Referee keeping the competition moving, with fast scoring, very few consultations and very few protests. This was a fine meet for the spectators. A few comments by Mrs. Weber: "Although the USGF Junior Olympic Program was begun somewhat reluctantly with the small number of competitors (one from each region, 8 regions) and the high quality of the gymnasts, the meet turned out to be a tremendous success. The girls who competed were all relatively new to the national scene, yet were outstanding. The girls in the junior division who placed 1, 2 and 3 certainly show a great deal of promise and will, no doubt, be seen a good deal more in the future. The second-place gymnast, Jill Carter from Wichita, not only executed a double twisting back in her floor exercise but also performed a roundoff back vault. That vault really added flavor to the event and the meet. The unique feature of floor exercise other than the double twist was the mat — a purple carpet with a multicolor patterned border. The heat and humidity were oppressive to those of us who are unaccustomed to it, but the meet was held in an air-conditioned gym; however, the standing-room-only audience kept the gym warmer than most would have preferred."

"This year the competition was held all in one day, which proved tiring to the gymnasts and will hopefully be alleviated by extending the meet to two days next year, with compulsory one evening and optional the following day in two sessions."

"Both girls — Sharon Liner and Jill Hegge — who won the trip to the World Championships this fall compete for the same team, the Connecticut Gymnastic Team coached by Muriel Greenfield. What an honor to have one division winner, let alone both."

The judges, in addition to Mrs. Weber of Colorado, were Linda Beran of Nebraska, Audrey Schweyer of Pennsylvania, Shirley Ruhlman of California, and Greta Trober of Indiana (article by Greta fellows). All worked with fine abilities and the results were acknowledged by all.

The Boy's National USGF Junior Olympic Championships were also a great success mainly due to the Regional Director, Bill Roetzheim, and Paul Fink. The American Turners demonstrated what a fine organization they have by hosting the meet. Results and stories follow.



USGF JUNIOR OLYMPIC BOY'S NATIONAL CHAMPIONSHIPS

The United States Gymnastics Federation Junior Olympics for Boys was hosted by the American Turners at the Illinois Turner Camp. The beautiful camp is located 2 1/2 miles northeast of Algonquin, Illinois. The camp is midway between Algonquin and Fox River Grove. The camp consists of 125 acres of rolling wooded land fronting on the Fox River only 30 minutes from the city limits of Chicago. An altogether ideal situation to host a great meet.

The twenty-four (24) contestants all arrived by Friday, August 23, and were assigned beds at the Boy's Dormitory. Mr. Paul Fink greeted all the boys and Mr. Jerry Jacquin of Turners saw to their every need. After lunch, the boys worked out outdoors on the site of the competition. The field is a broad, flat expanse with all new Porter equipment. The area was roped off for the competitors and many people saw the work-outs. That evening after dinner, there was much socializing and singing in the finest Turner tradition.

The morning of the competition was ideal — the sun was shining, the temperature was perfect. Many boys who

had never competed outdoors were surprised how pleasant it was. Jerry Jacquin and Paul Fink and their wives were in charge of the competitive scoring and announcing. There were two judges for each Age Group, 12-14 and 15-18. Paul Fink and Tom Walther judged the 12-14 year olds and Ted Muzojko and Bill Roetzheim judged the older group. All of these judges not only have their National Judges Certification but also have their International Judging cards.

The compulsory exercises were completed in the morning and in the 12-14 year Age Group, Jim Mikus of Reading, Pa., who is only 12 years old, was in first place with a score of 56.40, Chris Riegel was second with a score 50.80 and Dan Price was third with a score of 50.45. These 3 boys all represent the Gymnasium Sportschool in Reading, Pa., and are coached by Larry A. Meyer, the Director of the school. The 15-18 Age Group developed into a 3-way battle with Bart Conner of Morton Grove, Illinois, coached by John Burkil of Niles West High School, leading after the compulsories with a score of 54.95 over Tiger Taylor of Valparaiso, Florida, with a score of 53.70 and Kurt Thomas with a score of 52.66.

After lunch, the Optionals started. The area was circled with spectators, who were treated to fine gymnastics. Jim Mikus steadily increased his lead and finished with a grand total of 96.50. Tiger Taylor started the afternoon strong with a 9.20 in Vaulting and closed the gap between him and Bart Conner to 0.80, held Bart even on Floor Exercise with a 9.15, but then had a bad time on Pommel Horse with a 6.20 and lost 2 full points to Bart and 2.45 points to Kurt Thomas, who came on fast to rail down 2nd place behind Bart Conner, who finished with 105.45 points.

That evening the Turners had a fine dance for the young boys and girls and also a dance for the adults. Both were well attended and enjoyed by all. The USGF owes a debt of gratitude to the American Turners for hosting this event. Herman Zweifel, the President, was there and spoke to the boys as did the National President, Bill Meyer. This was the 1st Annual USGF Jr. Olympic National Championships and it was a great success.

The complete results are:

**1974 U.S.G.F. JUNIOR OLYMPIC GYMNASTICS CHAMPIONSHIP MEET
ILLINOIS TURNER CAMP – ALGONQUIN, ILLINOIS
AUGUST 24, 1974
14 and Under – Optional Exercises**

Name	State	L.H.	F.X.	S.H.	Rings	P.B.	H.B.	Opt. Total	Comp. Total	Final Total	Place
Brian Meeker	Miss.	7.75	8.20	3.25	4.50	3.60	2.65	30.15	44.20	74.35	
Dave Kindrick	Calif.	8.40	7.15	1.80	3.10	2.00	2.30	24.75	41.30	66.05	
Steve Colas	Texas	8.80	6.15	3.15	3.15	3.55	3.75	28.05	46.20	74.25	
Dewey Deal	Illinois	8.05	5.70	3.80	4.70	8.00	2.80	32.95	49.00	81.95	4
Paul Pina	Illinois	6.65	4.00	2.40	3.25	4.25	3.15	23.40	38.05	61.45	
Peter Stout	Florida	8.85	7.65	3.95	3.95	5.10	3.30	32.70	49.10	81.80	5
Wes Sater	Penn.	8.15	7.10	3.05	3.90	4.60	3.35	30.15	46.55	76.70	
Jim Milos	Penn.	8.45	8.30	4.95	5.95	7.00	6.45	42.10	54.40	96.50	1
Dave Olski	Penn.	8.25	8.55	2.40	4.25	6.65	3.50	32.00	50.35	82.35	3
Dan Lochman	Penn.	8.75	5.90	2.00	3.15	3.35	2.90	25.25	42.55	67.80	
Jeff Dixon	Penn.	8.35	6.80	4.15	2.85	4.90	2.90	28.25	48.80	77.05	
Chris Regel	Penn.	8.05	8.25	4.30	4.65	6.55	4.55	32.75	50.80	84.55	2
Dan Price	Florida	7.65	8.80	3.00	3.90	3.10	3.05	30.40	50.45	80.85	6

15 and Over – Optional Exercises

Name	State	L.H.	F.X.	S.H.	Rings	P.B.	H.B.	Opt. Total	Comp. Total	Final Total	Place
Tiger Taylor	Florida	9.20	9.15	6.20	8.40	8.90	8.10	49.95	53.70	103.65	3
Bart Caniser	Illinois	8.75	8.15	8.20	8.75	9.20	7.45	51.90	54.05	105.95	1
Jan Kemp	Texas	8.05	8.45	2.75	4.55	4.30	4.45	30.55	43.10	73.65	
Randy Taylor	Texas	7.60	7.55	3.10	3.30	4.40	5.95	32.00	46.90	78.90	
Tyler Smith	Calif.	8.15	7.55	3.25	7.05	6.55	3.95	36.50	48.50	85.00	
Jim Doherty	Mass.	7.40	7.90	5.80	6.55	7.20	6.35	41.30	48.90	89.10	6
Stu Goldstein	Conn.	8.15	8.35	3.80	8.85	8.15	8.15	41.45	46.80	88.25	6
Joe Scalfone	Penn.	8.00	7.25	6.45	6.55	7.75	6.65	42.65	51.85	94.50	4
Kurt Thomas	Fla.	8.85	8.30	6.65	8.10	9.05	9.00	51.95	52.55	104.50	2
Perry Price	Penn.	8.15	7.15	2.85	6.20	3.80	2.70	30.85	43.60	74.45	



AGE 14 AND UNDER COMPETITORS



AGE 15 to 18 COMPETITORS



OFFICIALS, COACHES, & JUDGES



FIELD WHERE THE COMPETITION WAS HELD



JIM NIKUS, WINNER of 12-14, coach (right) LARRY MOYER



BART CONNER, WINNER 15-18, COACH (right) John Barkle

USGF JUNIOR OLYMPIC BOY'S NATIONAL CHAMPIONSHIPS

USGF JUNIOR OLYMPICS NATIONAL CHAMPIONSHIP OF WOMEN'S GYMNASTICS BY MARGIT TREIBER

One of the most exciting meets of the season was directed by the Wieslows in Wichita, Kansas on July 27, 1974. It was an "historical" happening too, since the meet was the first USGF National Junior Olympics Championship.

A total of 16 young girls competed from 7 USGF Regions represented by 8 junior and 7 senior gymnasts who had previously qualified in the Regional Junior Olympic tryouts. (Note: Region V did not compete because of an auto accident; Region III, due to a fire, was represented by 2 girls in the junior division.) Each division juniors (12-14 years of age) and seniors (15 years and over) competed with advanced USGF-OGWS compulsories, followed by optionals. The winners of each division had a lot at stake as the prize for winning was a free USGF trip and tour to witness the world's best gymnasts in the World Games to be held in Munich, October 1974.

The "burned out" crowd assembled basketball audiences, filling the room with an atmosphere of total emotional involvement. How could this happen to the usually so quiet crowds of gymnastic meets, particularly on a lesser than Elite level? The answer is simple — it was a true and complete competition. The spectators could easily get familiar with the gymnasts after the first event and follow each of the 8 qualifiers' progress in the 1½-hour meet during the four events. They could pick favorites to root for! This audience will want to return to have similar experiences in future meets; they left emotionally uplifted and physically unexhausted by seeing a complete meet with the right amount of action. The 1½-hour bleacher sitting did not require great sacrifice of comfort either. (Note: versus seeing 2 events in a 3-hour meet with 168 vaults, 84 beam, etc.,...)

On the part of the gymnasts, a perfect meet situation still could not be claimed. The compulsory and optional competitions held in one day proved clearly to be most trying in the day progressed. By the evening, the last meet showed the exhaustion set in, resulting in numerous falls and big mistakes in the senior girls' performances. On the bars, 4 out of 7 competitors fell and 2 girls had to add an extra swing prior to the dismount to finish the routine. On the beam, we saw a total of 7 falls — only one was due to a missed aerial — again 60% of the competitors failed to stay on

I tend to believe that these mistakes were due mainly to mental problems. The 5-6 hour test could only serve its purpose physically. The 1975 Championship most likely will not have this shortcoming. The undesirable element of an "endurance contest" will be eliminated by scheduling the two meets for two days as it should be.

COMPULSORIES:

The compulsory competition, particularly Beam and Floor, was a disappointment, seeing the lack of discipline in following the prescribed text. The degree of the turns were often incorrect, the large trunk movements were often absent in the execution. Floor coverage was very limited also, using only 60% of the space in many instances. Several gymnasts showed problems harmonizing movement sequences with the musical phrase also. (All coaching faults!) The overall performance in the Handspring Vault was average, having 9.0 as a maximum score in each division. The uneven bars event showed a lack of strength and endurance, but the technique of the moves were satisfactory.

OPTIONALS:

From the top girls of each event we saw delightful compositions on floor exercises and beam, with much sophistication and refined qualities of expression in dance. One double twisting back somersault was executed by Carter, Wichita Gymnastics Club, who also showed an eloquent quality of lightness and clean tumbling technique. Several alternates and elongated tumbling sequences were used in both divisions, showing the most strength in the area of tumbling. On the beam we did not witness an abundance of aerials, only a few aerial walkovers and cartwheels were attempted in each division.

In both events, only a few girls executed enough turns of real skill. No doubt skills of this category are neglected in their training. Those who "dared" were the ones who had colorful and good compositions. The mounts were mostly handstand variations well executed for balance and control. Some of the front and back somersault dismounts from the beam were outstanding in technique as well as in amplitude, although most were stemmed without much difficulty of correction (free run).

On the uneven bars, the rings of scores were showing the biggest problems out of the four events. The scores were 4.80-5.90 for the seniors, and 7.10-9.00 for the juniors (physical weakness and tiredness). Although the scores were very varied, the audience could enjoy many great routines with elite level difficulties, seniors linked back to back, several handstands executed from kips (HB), and stalders executed from handstands (HB). One 1½ twisting sole circle was a highlight in twisting, as it was turned twice without hand change, very close to the vertical in the inverted position, with a fairly good exit. We saw many full turns over the low bar, but none had a great height.

In vaulting, we saw several ½-½'s, Yarnachits, and a few Yarn ½ or Handspring 360 turns. The twisting vaults, like on the elite level, showed problems in the 2nd flight in amplitude as well as in the timing of the turn. Carter from Wichita vaulted a ½ on ½'s back somersault vault, showing good technique and great control in the warm-up. Unfortunately, during competition she turned it with a loose tuck causing a slow turn and an unsure landing, touching the floor with her left hand. No doubt this cost her the first place in vaulting.

The meet was a very friendly affair, running in a pleasant atmosphere. It was well judged with few protests of scores. The coaches who participated felt the Junior Olympic program is the most valuable opportunity to provide a goal and recognition of this magnitude to the upcoming young gymnasts. The officials present from USGF, Mr. Frank Bare, Mr. Shirley Bryson, and Mr. Frank Curkowsky felt very proud and pleased witnessing this new USGF Junior Olympics program launched into orbit with their first successful season behind it.

All-Around Results of U.S.G.F. Jr. Olympics Nationals for Girls.

12-14

1 Sharon Loebl, Conn., 71.25; 2 Jill Carter, Kansas, 70.25; 3 Sheri Smith, Calif., 70.10; 4 Jan Abram, Wash., 69.85; 5 Ellen Huck, Fla., 68.75; 6 Cathy Goodenback, Pa., 68.70; 7 Robin Nether, N.D., 68.25; 8 Lori Franco, Colo., 64.50

15-and-over

1 Jill Hagos, Conn., 70.10; 2 Sheri Bare, Pa., 69.85; 3 Denise Reed, 69.65; 4 Debbie Foster, Fla., 67.85; 5 Ellen Hodges, Kansas, 67.40; 6 Katie Kennedy, Ariz., 66.75; 7 Ann Waters, Wash., 63.3



**USGF JR. OLYMPIC CHAMPIONS
JILL HEGGIE & SHARON LIVIERI**



AGE 12-14 CHAMPION, SHARON LIVIERI



SHARON LIVIERI



AGE 15 and over CHAMPION, JILL HEGGIE



ALL HEGGIE



2nd place 12-14, JILL CARTER

Letter received from Bert Conner
USGF 15-18 year-olds
Junior Olympic Champ on

Mr. Barr & Mr. Casakovsky:

I just thought that I would drop you a line to let you know that my summer was great thanks to the USGF. The USGF Camp in Lincoln, Nebraska was a great experience for me. I hope that you will conduct a camp next year based on the results of this year's camp. Also, the USGF Junior Olympic Meet was a pleasant termination to my summer. It was both fun and competitive. Altogether, it was great.

Sincerely,
Bert Conner (signed)

Dear Mr. Barr,

I want to thank you and the U.S.O.F. for sponsoring the 1974 Olympic Development Camp. I was very surprised and honored when I received the invitation to the camp.

The atmosphere was excellent for gymnasts — the superb coaching staff of Mr. Watanabe, Mr. Ziert, and Mr. Mead combined with the help and suggestions of the 13 other gymnasts. I learned many new techniques and attitudes from the coaches and I hope to put them to use in the year to come.

It was a pleasure meeting you and all of the people involved with the camp. Thank you once again for having given me the opportunity to attend the camp.

Sincerely,
Paul Simon

Individuals who perform are constrained to be domiciled in vitreous structures of potent fragility should on no account employ petrous formations as projectiles.

A superabundance of talent skilled in the preparation of gastronomic concoctions will repair the quality of a certain potable solution made by inserting a gallinaceous bird in affluent Adam's ale.

UNITED STATES GYMNASTICS FEDERATION

OLYMPIC DEVELOPMENT CAMP

AUGUST 12 - 21, 1974

University of Nebraska, Lincoln, Nebraska

A most ambitious plan for a development camp was realized at the University of Nebraska from August 12 to 21, 1974. When it was decided by the United States Men's Olympic Committee not to hold a training camp for the World Games, the United States Gymnastics Federation decided to hold a development camp for talented High School and College gymnasts who could be considered promising candidates for the next Olympic or World Games Team. After scanning the go-ahead, less than two weeks were available to plan, staff and select the gymnasts.

The original plans called for the camp to be held at Southern Illinois University but these plans were derailed by the school's plans to refinish the gym floor. The University of Nebraska and Coach Francis Allen were most gracious and agreed to hold the camp there. The gymnasium was ideal since the apparatus is great. There were no other activities in the gym and there was air conditioning and Francis Allen, Nebraska's Gymnastics Coach, was a fine host and provided whatever was needed. Not enough can be said for his fine cooperation.

The following staff served at the camp in addition to Mr. Allen.

Camp Director - Bill Meade - Gymnastics Coach at the University of Southern Illinois and who has a fine record in Gymnastics. His teams have many championships including the NCAA'S.

HEAD COACH - MASAYUKI WATANABE, Asst. Coach at the University of California at Berkeley.

Assistant Coach - Paul Ziert, Gymnastics Coach at the University of Oklahoma. Paul is a young coach out of Illinois who is in his 2nd year of coaching at the University and is a fine teacher and commanded the respect of all the boys at the camp and gave some highly informative lectures.

Technical Advisor - Frank J. Caminsky, Technical Representative to FIG out of the Tucson USGF office assisted with compulsory exercise interpretations.

The camp was designed to introduce the Montreal Olympic Compulsories and recommend the proper techniques of concise and complicated movements on the apparatus. The length of the camp was dictated by the time of the coaches and gymnasts and to allow the high school gymnasts time to get to the USGF Junior Olympic National Championships on August 24 in Algonquin, Illinois. The emphasis of Coach Watanabe was on the future, learn the proper technique, replace bad habits and just concentrate on the skills in the compulsories. It should be emphasized here that Watanabe does not teach a Japanese method - he teaches his own method, which, of course, sometimes coincide with Japanese methods and are all sound methods that were well received at camp.

The main thrust of the camp was aimed at high school students who had not started their senior year (this complies with NCAA regulations) and College sophomores. This was the first camp that was ever directed to younger men rather than to those who had been on teams or who were trying for a team. At the present time, our top 14 gymnasts are training for the World Game Trials and would be in no position to learn another compulsory.

The coaches arrived in camp before the gymnasts to finalize their camp schedule and the boys all arrived on August 11 and moved into the dormitory. The boys attending were:

High School Juniors or Under:

Tiger Taylor, Valparaiso, IL
Bert Conner, Morton Grove, IL
Kevin Nuernz, Arlington Heights, IL
Rick Adams, Louisville, KY
Paul Simon, Williamsville, NY
Mike Wilson, Garland, TX
Timmy Slatow, Tabor, CA
Phil Cahoy, Omaha, NE
Jim Kelch, Eugene, OR
College Sophomores:
Tom Beach, Cal-Berkeley
Mike Dubos, Cal-Berkeley
Dave Eley, Cal-Berkeley
Iverson Ecklon, Cal-Berkeley
Steve Ronkers, OR
Kye Wolf, SIU
Jon Hallberg, SIU

Mr. Frank Bert, Executive Director of the U.S.G.F. brought the new compulsories to the camp, welcomed the boys, and outlined the philosophy and purpose of the camp.

The first two days were given over to general basics, fundamentals, and nomenclature so that all the boys would have the same thoughts and ideas as to techniques and things we were trying to accomplish.

The following is a daily schedule that was used with the daily lecture topic added at the end of the schedule:

August 12:	
7:00 am	Wake Up
7:30 am	Breakfast
8:30 -	
9:30 am	Morning Exercises
a.	Running
b.	Rhythmic exercises
c.	Stretching - 20 minutes
i.	Wide range of motion holding stretch position, 10 seconds
ii.	Leg swings - front, back, side, holding 5 seconds
d.	Strength exercises - 5
i.	10 stiff/stiff presses
ii.	10 handstand pushups on low p-bars
iii.	2 ten-second handstand on rings
iv.	2 sets of 5 pullups on high bar
v.	2 float levers held 5 seconds each
10:00 -	
11:00 am	Lecture
11:30 am	Lunch
1:00	
5:00 pm	Workouts according to following schedule (three groups - six in a group, rotating)
1:00 -	
1:20 pm	Rhythm exercises and general stretching
1:30 -	
2:00 pm	Tumbling (all together)
2:00 -	
2:30 pm	Pommel horse
2:30 -	
3:00 pm	Rings
3:00	

3:30 pm Vaulting (all together)
 3:30 -
 4:00 pm Parallel bars
 4:00 -
 4:30 pm Horizontal bar
 4:30 -
 5:00 pm Strength

All Together

Stiff/Soft walks
 Body strength exercise (15 seconds, lying on back, roll 15 seconds, lying on stomach, repeat)

Three sets of 5 pushups, each
 Five slideouts each, held 3 seconds
 Two sets of 10 leg lifts.

Individually

Ten hollow back presses on floor
 Two sets of 3 forward and 3 backward gait rolls on parallel bars.

Five downhill circles loop around five uphill circles and uphill side travel and five circles in center (personal horse)

Five circles center, side travel, five downhill circles, loop around, and five uphill circles.

Two 10 second handstands on rings

The above program was followed every day except one.

5:30 pm Dinner

8:00 -

9:00 pm Alternate nights (film analysis)

Saturday was a light day including only morning exercises and lectures.

Lecture Topics

August 12

Frank Bane, U.S.G.F. Executive Director, welcomed the group and then the computeries were read through.

August 13

Body position (use of arch, chest pike, and hollow, hip rotation).

Terminology.

Posture.

Presentation.

August 14

Technical parts of computeries (first half of exercise).

August 15

Technical parts of computeries (second half of exercise)

August 16

Attitudes toward training (mental, emotional, etc.)

August 17

General question and answer session. Most questions were of the nature of what the Japanese are doing, have done, and will be doing.

Many personal questions about Mr. Watanabe's development in Japan were asked.

August 18

Training schedule (long range, short range).

Material presented from Mr. Konaka's book concerning preparation of their 1972 Olympic team.

August 19

Special Compulsory Tricks Analysis

- height
- back off
- round off side
- pike open ring dismount

August 20

Discussion of diet and the gymnast. Any remaining questions were handled.

The camp closed on the 21st of August following lunch and a team meeting. All of the gymnasts expressed their support of the camp and were hopeful that a similar one would be held next year for a longer period of time.

It was interesting to note that the high school participants were going to compete in the U.S.G.F. Junior Olympic Meet on the 22nd, but did not let this important Meet deter them in their training program. We encouraged them to take it a little easy but they did not let up in their training.

The camp was totally devoted to the training and work on the computeries and at no time did I see any work attempted on optionals. This was hard to believe and might have been a result of being just too tired, but I like to think that it was a result of total dedication.

In over many years of camp work I have never seen a finer group of gymnasts with such a positive attitude and great spirit. It was very refreshing and stimulating. It is hoped that it will be the first of many productive development camps to come.

A great many thanks are due to the U.S. Olympic Development Committee and the U.S.G.F. for funding this camp.

William F. Made, Chairman
 U.S. Olympic Gymnastics Committee
 Camp Director



Francis Allen



Masazaki Watanabe

BIRTH DATE:

November 6, 1941

EDUCATION:

Kochi Technical High School (Kochi, Japan)

Graduated March, 1960

Nippon College of Health and Physical Education (Tokyo)

Graduated March, 1964

Accumulative grade point average A- (4.7/5.0)

EMPLOYMENT:

Instructor of Physical Education, Murogi Affiliated High School (Tokyo)

April, 1964 - March, 1967

Assistant Instructor of Gymnastics, Nippon College of Health and Physical Education (Tokyo)

Health and Physical Education (Tokyo)

April, 1967 - March, 1969

GYMNASTICS COMPETITION:

1960 National High School Championships, All Around 11th

1962 National Collegiate Championships, All Around 11th

Member, 1963 Japanese University Team

Member, 1963 Japanese Team v European All-Star Team

Member, 1964 Japanese Final Olympic Squad

Member, 1965 Japanese Team v Russian Team (Moscow, Russia)

Member, 1966 Japanese World Games Championships Team

Member, 1966 Japanese Team v Russian Team (Tokyo)

1968 National Open Championships, All Around 6th, Horizontal Bar 1st

Member, 1968 Japanese Final Olympic Squad



Bert Gonner



Mike Wilson



Paul Simon



Jim Kelch



Tiger Taylor



Kevin Muenz



Tim Slottow



Phil Cahoy



Rick Adams



Tom Beach



Kim Wall



Mike Dubos



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Friday - November 8, 1974

8:00 - 10:00 a.m. REGISTRATION
 10:00 - 11:45 a.m. GENERAL ASSEMBLY
 10:00 - 10:05 a.m. WELCOME by USGF
 10:05 - 10:30 a.m. U.S. OLYMPIC COMMITTEE REPORTS
 10:30 - 10:45 a.m. CANADIAN GYMNASTICS FEDERATION REPORT
 10:45 - 11:15 a.m. 1974 VARNA - WORLD GAMES REPORTS
 11:15 - 11:45 a.m. INTERNATIONAL REPORT
 LUNCH
 1:00 - 2:00 p.m. USGF BIOMECHANICAL TASK FORCE PRESENTATIONS

Marlene Bore

Frank Bure
 Shirley Bryan, Bill Meade
 Cal Girard
 Rusty Moschick, Gene Weissman
 Muriel Grossfeld, Erection Weaver
 Frank Bore

Directed by:
 Dr. Gerald S. George
 Old Dominion University
 Norfolk, Virginia 23508

20 min. - "A Systems Approach To Gymnastic Execution Techniques"
 Mr. Mike Jacki
 Former Collegiate All American
 Co-Director of Taskara National Gymnastic Camp
 Director of American Coaches Symposium
 20 min. - "Half Vs. Full Beat Swing On the Parallel Bars - A Cinematographic Study"
 Dr. Gerald Csikis, Director
 Biomechanics Laboratory
 Eastern Kentucky University
 20 min. - "An Analysis of Unseen Parallel Bar Action"
 Mr. Dan Spence, Director
 Gymnastics U.S.A.
 Los Angeles, California

2:00 - 3:30 p.m. FIRST SESSION - 1974 OLYMPIC COMPULSORY EXERCISES FOR MEN

Watanabe

2:30 - 3:00 p.m. REGIONAL MEETINGS
 I Cheryl Wagner V Carol Ledtke
 II Verna French VI Linda Chensinski
 III Mary Ann Mahoney VII Ruth Ann McBride
 IV Connie Robertson VIII Diane Feldman

Moderator: Dan Robinson

3:00 - 5:00 p.m. COACHES PANEL:
 QUESTIONS FROM THE FLOOR
 PANEL:
 Floor Ex. Beckner
 P. Horse Rorzhum
 Rings Tadi
 Vaulting Grossfeld
 P. Bars Moschick
 H. Bar
 High School Coaching Savory

DINNER

7:00 p.m. MEETING OF THE UNITED STATES ASSOCIATION OF INDEPENDENT CLUBS Graham Bartlett
 8:00 p.m. MEETING OF THE NATIONAL HIGH SCHOOL COACHES ASSOCIATION Mike McInnes
 8:00 p.m. MEETING OF THE NATIONAL GYMNASTICS JUDGES ASSOCIATION T. Muzynko

CONGRESS

Saturday — November 9, 1974

8:00 — 9:00 a.m.

COFFEE HOUR

Walt Zeichen/

9:00 — 9:30 a.m.

QUESTIONS CONCERNING THE USGF

Frank Bure

9:30 — 11:30 a.m.

USGFWC AGE GROUP PROGRAM:

M. Treiber, Chairperson

9:30 — 11:30 a.m.

ARTISTIC GYMNASTICS — OPEN FORUM

M. Probst, Chairperson

9:30 — 11:30 a.m.

USGFWC AGE GROUP PROGRAM: MODERN

A. Grassfeld

9:30 — 11:30 a.m.

RHYTHMIC GYMNASTICS — COMPULSORY EXERCISES

LUNCH

FILMS OF VARNÁ WORLD CHAMPIONSHIPS

1:00 — 2:00 p.m.

USGF BIOMECHANICAL TASK FORCE PRESENTATIONS

Directed by:
Dr. Gerald S. George
Old Dominion University
Norfolk, Virginia 23506

20 min. — "Qualitative Analysis in Gymnastics"

Dr. A. B. Fredericis

Illustrated and authored 6 Gymnastic Texts

Writer and Editor for the *Gymnast Magazine*

University of Wisconsin, Superior 54880

20 min. — "Dance Posture And Its Effect On Gymnastic Style"

Ms. Ernie Meyer

1956 and 1960 Women's Olympic Team Member

Brevet (International) Judge

USGF Technical Director

20 min. — "Psychology of Gymnastic Coaching"

Mr. Vannie Edwards

1984 U.S.A. Women's Olympic Coach

1986 U.S.A. Women's World Games Coach

1988 Olympic Team Manager

1972 Chairman of U.S.A. Women's

Olympic Committee

2:00 — 3:30 p.m.

SECOND SESSION — 1974 OLYMPIC COMPULSORY

Watanabe

2:00 — 4:00 p.m.

EXERCISES FOR MEN

DANCE IN GYMNASTICS

(for Setlar Records) —

Rose Marie Menz

3:30 — 4:00 p.m.

USGF JUNIOR OLYMPICS FOR BOYS — Meeting

Frank Bure

4:00 — 5:00 p.m.

COACHES TRAINING PROGRAM

Moderator:

Schwenkfeier

PANEL QUESTIONING

PANEL

Worobone

Frey

Meads

Vega

4:00 — 5:30 p.m.

USGF ELITE PROGRAM: OPEN FORUM

M. Grassfeld, Chairperson

7:00 — 8:00 p.m.

COCKTAILS

Nissen & American Equipment Co.'s

8:00 — 10:00 p.m.

USGF BANQUET

Frank Bure

Sunday — November 10, 1974

8:00 — 11:30 a.m.

NAGCC MEETING

Don Robinson

11:30 — 12:00 Noon

USGF WOMEN'S COMMITTEE BUSINESS MEETING

Shirley Bryan

GENERAL ASSEMBLY, closing session

Frank Bure

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MECHANICAL ANALYSIS OF HUMAN MOTION — WHAT IT CAN TELL US

Gerald S. Calkin, Ph.D.
Eastern Kentucky University

Mechanical analysis of human motion is the application of classical mechanics to the human body. To do this, it must be assumed that the body is a link system, with each body segment (forearm, upper arm, shank, etc.) acting as a rigid link. The trunk must get special treatment.

With this assumption, it is possible to film a movement sequence — at right angles to the plane of the movement — and calculate (and plot) the displacement, velocity, acceleration of each segment at each point in the movement sequence. It is then possible, using the techniques developed by Pingenhoel (4) to obtain the forces and torque for each joint at each point, and to determine how much each segment contributes to the movement.

The mathematics, while basically straightforward, gets — with increasing numbers of segments — somewhat complicated and laborious. Therefore, it is necessary to use the high speed computer.

Basic Operational Techniques

This brief outline of basic techniques is not meant as a practical guide to prospective practitioners, but rather a general outline to acquaint the novice with the procedure involved.

The film of the sequence is projected one frame at a time and a stick figure is made to represent the position of the body at that point. This is repeated at regular intervals (every frame or every X frames) throughout the movement sequence. Figure 1 shows a composite stick figure.

Then the angular position of each segment is measured for each segment at each point. This data, along with the film speed, the length and mass of each segment and specific photographic data, is fed into the computer.

What the Results Tell Us

The computer output and the many applications that can be made with this data is almost overwhelming. To achieve any understanding of the overall situation, with its many ramifications, it is necessary to look at it one step at a time.

To begin, the benefits accrue at every step in the procedure. It is self-evident

that just re-viewing the films a frame at a time reveals unique information about the performance. Looking at the stick figures can be even more revealing. The real payoff, however, comes from the computer output data.

The possibilities of useful employment of this computer output are almost endless. It will, however, be instructive to look at some of the things which have been done and some of the things that can be done.

Bourgeois (2) did a study where he compared the torques between the early and late drop cast catch and peash. Since he found that the torques were consistently greater with the early drop and since this means there was a greater muscle force produced by the gymnast, he concluded that the late drop would be a more successful technique for a beginner who had not sufficiently developed his strength.

Dusenbury (3) did a study where he considered both the forces and torques during a forward and reverse giant swing on the rings. He found that the forward giant took more muscle power but there was less force on the bottom of the swing.

The possibility for further work staggers the imagination. Perhaps there will finally be a rational basis for choosing between techniques (styles) — in general and on an individual basis. The author is presently working on a study comparing a "beat" swing on the parallel bars to a "non-beat" swing.

It is also possible to compare the plotted data of a given gymnast to that of a "world" champion. THIS IS ALREADY BEING DONE IN TRACK AND FIELD. (1) Also, every gymnast sometimes really "gets off a good one" — the flyaway twice as high as usual, the floor exercise that has unusual "flair," etc. It is possible to see what is really different about the "really good" one, not only in terms of body position but also in terms of the muscle action and forces which just cannot be visually observed.

The gymnastics community in the USA has the opportunity to take advantage of this technology now and start to get the answers to some basic and highly important questions of style, technique, training procedure, etc. It also can sit back and let the rest of the world get the jump on the Americans again. The choice is ours.

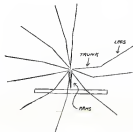


FIGURE 1

STICK FIGURE OF HUMAN "Giant" SWING



In 1940, the Olympic Games were scheduled to be held in Helsinki (actually, they were first scheduled to be held in Tokyo and were then shifted to Helsinki) and because of world strife, the Games were cancelled. Although gymnastics for women were included in the 1936 Olympic Games, they were not scheduled in 1940. Even though the Olympics were not held in 1940, they are known as the XII Olympiad. Helsinki did hold the 18th Olympiad in 1952.

The compulsory exercise for the Horizontal Bar below is interesting when compared with the compulsory exercise for Montreal 1976, 36 years later. Some of the parts are exactly the same, in kip, immediate change in handstand, sole circle backward to a sole circle forward and a straddle dismount, albeit not a Hecht. Also notice the dimensions — the diameter is the same but the bar is now higher and there are now width dimensions. You gymnastics buff, analyze this exercise and tell us if this exercise is easier or more difficult than the 1976 one.

**COMPULSORY APPARATUS EXERCISES FOR
GYMNASTS—OLYMPIC GAMES,
HELSINKI, 1940**

1. Horizontal Bar — Compulsory

Dimensions: Polished steel bar, 28—30 mm diameter, jumping height, 2.40 m.

From a frontal side stand (facing bar):

Jump to hang with under grasp of hands (1) head arms and swing lightly forward and backward, high swing forward (2) and backward to uprise, to free front rest and flank swing over bar and under left hand (3) regroup with left hand swing backward in rear side hang and $\frac{1}{2}$ turn to right while releasing the left hand and regripping in upper grasp, and to $\frac{1}{2}$ inverted hang (4) kip to front rest and roll forward (5) and swing up to inverted stand and immediately $\frac{1}{2}$ turn to left around right arm ($\frac{1}{2}$ turn backward) in hand stand with both hands now in under grasp (7) $\frac{1}{2}$ front circle forward (8) to free front rest while changing the hands simultaneously to upper grasp (9) drop backward to $\frac{1}{2}$ inverted hang (10-A) high shoot forward and with $\frac{1}{2}$ turn to left around left arm (10-B) to sit and grip (left hand under grasp) and plant circle swing forward (10-C) to inverted stand in changing left hand to upper grasp (11) plant circle backward and place feet on top of bar in straddle position outside hands (12) one sole circle backward and push into inverted stand and immediately cross right hand over left hand (13) plant circle swing backward in making $\frac{1}{2}$ turn to right around left arm and removing right hand to under grasp to inverted stand (14) $\frac{1}{2}$ plant circle forward to back uprise and dismount over bar in straddle (15) to rear side stand, legs $\frac{1}{2}$ bent and arms sideward (16)—Assume normal position.

This exercise to be done without pause and it may be partially or totally lowered.

NOTE: Inverted stand = Handstand.

$\frac{1}{2}$ Inverted Hang — Kip position.

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Fairwood, New Jersey

HALL OF FAME
Helen Schifano Sjursen

She began her Gymnastics career in 1939. She was National A.A.U. all-around champion in 1947, 1948, nine times earning National A.A.U. titles in individual events. In the 1948 Olympic Games at London, was bronze medalist in Team Gymnastics, being the U.S.A.'s top scorer. Following her days of competition, she has devoted much of her time and efforts in the interest of Gymnastics — as U.S. Olympic Committee member, coach, judge, and National Committee member. Mrs. Sjursen was coach of the U.S.A. North American Championships Gymnastic team in 1964. She wrote ten books on Gymnastics, and issued correspondence course material for judging. Among her coaching assignments were those at Fairwood-Scott Plains YMCA, St. Bartholomew School, Harbridge School. In addition to her Gymnastic activities, of which there have been many, Mrs. Sjursen has served as a National A.A.U. Trampoline Committee member.

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It is the principal duty of our Societies to provide schools in health and physical education for youth and adults and to promote their intellectual and cultural growth and moral character through special classes under qualified and competent instructors.

The American Turners, having, since 1848, endured untold hardships and paid the supreme sacrifice to preserve the Union of these United States as a democracy in a republic, established upon the principles of freedom and equality and dedicated to justice and humanity, it is the purpose of the American Turners to preserve and perfect this democracy.

We recognize the family group upon which the greatness of our country has been built and the harmonious education of the body and mind as the most important factors to preserve and perfect this democracy.

The American Turners endeavor to accomplish their purposes and promote their ideals through:

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2. A planned program of cultural education for the development of a sound mind;
3. A planned recreational and social program for all members of the family group; and
4. Participation in all worthy civic projects, both Local and National.

The American Turners is not a political or sectarian body obligating its members to any definite demands except United States or Canadian citizenship, but urges its members to exercise the right of independent thought and action through the ballot and to follow the dictates of their conscience in religious matters.

The American Turners strive to attain the preceding objectives as incorporated in these their Principles, by staunch adherence to its motto "A Sound Mind in a Sound Body."

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NACGC

GYMNASTIC HONOR RESEARCH
AWARDS FOR 1974-75

Despite inflation and our other economic problems, compared to the rest of the world America is still a Utopia of progress and prosperity. We are 1/10th of the world's population, yet we have created more jobs, products, and comforts than all the other continents of people in the world.

Americans have also gone farther than any other people in the induction of back-breaking drudgery, the elimination of abusive child labor practices, and in the spread of literacy. As the result of our economic accomplishments, we have more churches, more schools, more libraries, more recreational facilities, and more hospitals than other nations. Enlightenment, health, longevity, general well-being, and goodwill towards others are each a revered part of the American way of life.

We own three-fifths of all the automobiles in the world, half of all the telephones, half of all radios and television sets:

An American factory worker earns about \$18 in an 8-hour day, of which about \$16 is after-tax income. A Russian worker earns enough to buy less than \$10 worth of goods on the same scale. An American factory worker can buy about 6 suits with a month's wages, while a Russian worker can only buy half a suit with his month's income.

Because we Americans produce more every hour we work, we earn more in less time and can buy more with each minute of work. For example, an average American works 32 minutes for a pound of butter, while an average Russian works three hours for his pound. A pound of beef in the U.S. represents about 26 minutes' work. In Russia, an hour and a half here a loaf of bread is worth less than 5 minutes' work. In Russia, one hour:

Look at the economic system in some other countries: In much-loved Japan, the best beef costs \$15 a pound. Britain, France, Spain, Italy, Denmark, and Finland have more inflation rates than we do, and economic controls have failed. Cereals in Europe cost more than \$1.20 a gallon.

Mr. Frank L. Bars
Executive Director, USGF
P.O. Box 4609
Tucson, Arizona 85717

Dear Mr. Bars,

This will acknowledge receipt of and thank you for your letter of 8-1-74 extending an invitation to participate in the USGF Summer camp in Lincoln, Nebraska, from August 12-21 of this year. It was an honor to receive such an invitation and one which I enthusiastically accepted.

I want to thank you, Mr. Frank Cursiskey, Mr. Ziert, Mr. Meade, Mr. Watanabe and all the other adults who participated in and planned the clinic for giving your valuable time and expertise in order to help young people like myself. I was excited and thrilled to participate in a camp with so many excellent gymnasts and instructors.

The atmosphere in the camp was excellent because all the gymnasts were very appreciative for the opportunity to attend this camp. I know that I learned a great deal more about gymnastics because of the many hours Mr. Meade, Mr. Watanabe, and Mr. Ziert worked to help make the camp the best it could possibly be. I'm grateful to them and to you and Mr. Cursiskey for giving your time to improve the quality of gymnastics in this country. I hope all efforts toward the continuation of the USGF camp will be successful.

I had the pleasure of meeting Mr. Frank Cursiskey in Lincoln. Please say hello to Mr. Cursiskey for me.

I hope to have the pleasure of meeting you some time in the near future.

Sincerely yours,
Mike Wilson

ASIAN GAMES 1974

China dominated the gymnastic action, winning the men's competition with 27.96 points and the women's title with 18.38. That gave the Chinese, making their debut in large-scale international sports competition, a total of four golds.

China captured two swimming silver medals yesterday. Lu Binze-Kuo finished second in the men's 300 meter breaststroke and the Chinese men's relay team was second in its event. Lu Chao-Ying gave the Chinese a bronze in the 300-meter butterfly.

Each year four (4) \$100.00 awards are given by the National Association of College Gymnastics Coaches Research and Professional Liaison Committee. The NACGC Research Committee, in cooperation with the Nissen, Gym Master, American, and Zwickel companies, wishes to promote scholarly research in the area of gymnastics. Listed below, find pertinent information related to the four Honor Research Awards.

1. The Carl Patterson Honor Research Award of the National Gymnastic Clinic and NACGC - Sarasota, Florida - \$100.00. (Cooperating Frank Cursiskey). Decided at Sarasota, Chairman - Dr. Newt Loken (Sponsored by the Nissan Corporation). All Candidates residing in the NCAA Mid-East District should submit their prospectus to Dr. Newt Loken, University of Michigan, Ann Arbor, Michigan 48104, by November 30. It will facilitate matters if several copies are sent.

2. The Lyle Welser Honor Research Award of the NACGC - Ft. Lauderdale, Florida - \$100.00, Chairman - Dick Holzapfel (Cooperating Bill Meade). Decided at Fort Lauderdale. All Candidates residing in the NCAA Eastern District should submit their prospectus to Dick Holzapfel, Athletic Department, University of Iowa, Iowa City, Iowa 52240, by November 30. It will facilitate matters if several copies are sent.

3. The Hartley Price Honor Research Award - Tucson, Arizona - \$100.00, Chairman - Dr. Robert D. Peary (Cooperating Coach Jeff Bennett). Decided at Tucson (Sponsored by Gym Master Company). All Candidates residing in the NCAA Mid-West District should submit their prospectus to Dr. Robert D. Peary, Department of Physical Education, Washington State University, Pullman, Washington 99163, by November 30. It will facilitate matters if several copies are sent.

4. The Leopold Zwarg Honor Research Award of the NACGC - Berkeley, California - \$100.00, Chairman - Dr. Harold Fry. Decided at Berkeley, California (Cooperating Dr. Eric Hughes). All candidates residing in the NCAA Western District should submit their prospectus to Dr. Harold Fry, Gymnastics Coach, University of California, Berkeley, California 94720, by November 30. It will facilitate matters if several copies are sent.

OFFICIAL REPORT ON THE USA JUNIOR TEAM vs JAPAN INTERNATIONAL COMPETITIONS AND VISIT AUG. 17 - 24, 1974 By Margit Treiber Indian State University - Coach

Chef de Mission

U.S.A. JUNIOR GYMNASTICS TEAM SWEEPS VICTORIES IN JAPAN

The Japanese Gymnastics Association, in cooperation with the Japanese High School Federation, invited the United States team to compete in Japan in four different meets between August 17 - 27, 1974.

I. TOKYO

I. The first competition was held in Tokyo. This meet was the official National Individual Championship of Japanese High School Gymnasts. The twenty-seven Japanese high school gymnasts had to qualify through their various pre-qualifying meets to compete in this meet. With the five United States Competitors, a total of 32 gymnasts were entered into the meet to compete with Optional work for Individual All Around places.

In this meet, the new F.I.G. rules were used, requiring three superior and four medium difficulties, the new point values for vaulting and the new times set for balance beam.

After arrival, the next day we had a workout at Nippon Physical Education College for about three hours. Our five girls looked tired in the humid heat of the gym, showing it the most on the uneven bars. However, their spirit was good.

The competition was scheduled for the next morning at 10:00 a.m., conducted for five squads, with four sets of judges, to be concluded at 12:00. (It was!) The gymnasts were drawn to squads with a specific lineup. We had two and three together in two squads.

RESULTS - All Around:

Willcox, Debbie - USA	36.65	1st
Ueta - Japan	36.60	2nd
Mano - Japan	36.00	3rd
USA Scores:		
Linda Antonio	35.45	7th
Kelly Muncey	35.40	8th
Trish Reed	35.25	11th
Garnie Englert	34.10	(7)

Willcox, with an excellent performance, won the championship by the skin of her teeth just 0.05 points ahead of Ueta of Japan. She placed first on the uneven bars scoring 9.40 and second in vaulting - 9.35 with Yanashita, Y.

Vaulting:

Sugimoto - Japan	9.40	1st
Willcox - USA	9.35	2nd
Reed - USA	9.25	3rd
Antonio - USA	9.25	
Takagi - Japan	9.25	
Muncey - USA	9.15	6th
Englert - USA	9.10	7th

We were a very strong vaulting team scoring over 9.00 points by all five members. However, the Japanese girls were also excellent, having fourteen girls with 9.00 points or higher.

Sugimoto was the only gymnast who did a somersault vault (Tsukahara). She executed and landed her second attempt with spectacular technique and great control in landing it safe.

Willcox, known at home for her good scoring Hecht vault, was using Yanashita, Y. She could not achieve in training a satisfactory pre-flight in the Hecht and her landing was out of control, also.

Bars:

This was the poorest event for the United States team as well as for the Japanese gymnasts. Our team showed tiredness, lack of confidence due to lack of time for warm-up (30 seconds) and they performed with breaks and big mistakes, except Willcox, who won the event with 9.40.

Scores: Englert - 8.8, Muncey - 7.95, Reed - 7.9, Antonio - 8.4.

These scores prevented our four girls from placing high in the AA in the meet as it was impossible to make up the losses in the other three events.

The Japanese gymnasts were having problems too. Only three scored in the low 9.00 points. Their routines were well constructed - except for the many Mill Circles used, had ample difficulties and originalities. The technique was good, resembling Japanese men's high bar. It seemed that their falls and big breaks were due to lack of strength - endurance. Routines were long and demanding. Their fall busting Hecht dismounts were exceptionally high and clean. Many handstands were used with free hip circles. But, the absence of somersaults from Low to High bar was surprising to see. Most of the mounts were vaults over the low bar.

Beem:	
USUI - Japan	9.30 1st
Okazaki - Japan	9.30 1st
Muncey - USA	9.20 2nd
Yamamoto - Japan	9.09 4th
USA Scores:	
Englert	8.95
Reed	8.80
Antonio	8.60
Willcox	8.50



Trish Reed

Only five gymnasts from Japan scored 9.00 points or over. The best ones had back handspring variations executed less sure than we are accustomed to at home and fewer aerials, rollovers, cartwheels were shown again. A large percentage fell after these. Their discounts were in connection with an acrobatic move and executed exceptionally high with controlled landing.

Floor Exercise:			
Wilcox — USA	9.40	1st	
Sekura — Japan	9.35	2nd	
Nakamura — Japan	9.30	3rd	
Kobayashi — Japan	9.30		
Moro — Japan	9.25	5th	
Englert — USA	9.25		
USA Scores:			
Antonio	9.20		
Reed	9.20		
Murphy	9.10		

Our team showed elegance, good dance, creative work, each routine being very different from the other four, with good tumbling. Wilcox won the event due to her outstanding difficulty, variety and technique of tumbling. The Japanese judges seemed to score her very high in each meet for the above reason.

The Japanese girls were very strong in tumbling but they showed a lack of variety, having few front tumbling moves in the routine. Difficulties connected "back to back" were used less than we are used to seeing at home. One girl executed a double twisting back somersault with much flar. Only six out of twenty-seven scored 9.00 points or over in this event. They had fewer good combinations and dance as we had.

We would have preferred to compete in this championship later instead of having it for our first performance. As time went on, our girls showed much improvement. They did very well considering three things:

- 1) Physical tiredness
- 2) Englert's swollen ankle — before departure and then on.
- 3) Working with a new coach for the first time.

II. TAKEFU

The same day, in the afternoon, we traveled with the group by train to our second meet which was to be held at 5:30 p.m. the next day. The Takefu High School team is the best in Japan — National Champion!

We knew, after we made it to our mats on the train, that we would do well because it was a true test of endurance, maneuverability, swiftness, toughness, etc. . . . courage . . . to make Tokyo Train

Station. To fight the human river flowing in one continuous giant mass in all directions, on all floor levels with a lively speed, cross crossing each other — without ever "touching!" — is beyond imagination. It is a hard task to manage survival, not to speak of having bulky suitcases in each hand, to get through with! Never again should one make the mistake of traveling in Japan with more than one overnight bag, regardless of length of stay.

The charming, typical Japanese and old city of 45,000 people offered much pleasure and the newness of living in a hotel of Japanese style. We received the warmest reception from the people everywhere in the town. We were the first international team in their competitive history.

In a lovely, modern arena, 1,500 people — nearly full house — were "tanning" the 110° temperature in all directions when the meet started at 6:30 p.m.

The high school principal and the Mayor welcomed us — in English! — then the gifts were exchanged between the three teams. Much heat was felt, not only in the air but also on the part of the competition. The Takefu team was determined to win, but so were we, having a real close team established by that time.

Based on his scores of the Tokyo meet where most of the gymnasts had already scored once, the Takefu team had great optimism, rightly so, as we did not come out of this meet with an extremely high team score.

The meet was scored by the old F.I.G. and New F.I.G. rules. (Only two superior, new vaulting values and new beam times were used.)

Results:

Five gymnasts competed on each team, counting the top three places of each event for team scores. Two sets of judges were used.

	USA	TAKEFU	SABA!
Hons	27.85	28.05	26.75
Bars	27.80	27.65	26.55
Beam	27.10	26.60	24.75
Floor	27.40	27.75	26.50
	110.25	110.05	103.55

Wilcox, with 36.90 AA score, won 2nd place in the meet scoring the highest from the USA team. Takagi placed 5th with 37.00. Reed placed third with 36.35. She was coming up in this meet, winning the beam (9.20) and placing third on vaulting (9.30).

Murphy, after a great bar routine (9.30), executing a superb hecht dismount with full twist landed head on

her feet, spraining one ankle. She was out of the meet after two events and out for the rest of the two meets. Renee Mack, who was traveling with the Denver team, stepped into her place from the next meet on.

The Takefu team is a deserving champion team of Japan's High Schools. They are strong in tumbling, bars, and vaulting. But, our consistency was better performing without breaks, which they failed to do. Their top gymnasts fell from the bar and beam causing large point losses in team scores. (They work out daily for three hours, coached by a husband and wife team.)

III. OTSU

We ran in and out of this lovely resort, staying for only 24 hours.



Carrie Englert

This meet was an individual competition with seven selected best Japanese against our five.

Results:

USA team members placed in every event in the top three places.

Wilcox — won vault, bar, floor ex.

Reed — first on beam, second on floor (tie)

Englert — second on vault, floor (tie)

Antonio — second on bar, floor (tie)

Huck — second on beam.

Judging was hectic, scores far apart. Judges were very young and had limited experience, particularly with the new FIG rules. We, as head judges, had numerous conferences to ask for adjustment and lowering the scores on the United States girls in order to have enough fourths of points left to award our upcoming stronger routines if they hit it as usual, without having to give 9.8, 9.9. The judges were very cooperative to work with.

Mrs. Yoshida, the head of the Japanese judges, traveled with us to every meet — helping to brief her judges before each meet on each event.

IV. NAGATA

The next day, we arrived at Nagata after thirteen hours of a pleasant, picturesque train ride. This harbor city on the north shore of Honshu Island with a half-million population proved to be the highlight and the perfect place to end our competition and visit in Japan.

The hospitality in every place was more than superb. It seemed impossible to improve it in any way. The "Hostessship" is an art in Japan, "all the way out," first class. In this beautiful, modern city, we had the best meet for organization, judging, and for amenities. The hospitality included exquisite, authentic Japanese dinners, a Chinese fourteen-course banquet (with Peking Duck as one course). Much warmth and affection on the part of everyone connected with our visit was felt during the entire stay. We did sightseeing and shopping — shopping — shopping!

The meet was a Team and Individual All Around Competition. Five members on each team. Same rules as before but counting the top four scores for team scores.

Results:
USA 161.45 1st
Nagata 141.30 2nd

Individual AA scores.

Reed, Tresh	39.15	1st
Wilcox, Debbie	38.10	2nd
Antonio, Linda	37.50	3rd
Englert, Carry	36.80	4th
Huck, Renee	36.70	5th
Fagguchi	35.80	6th

(Lowest score: 32.75 — 10th)

SUMMARY STAFF:

Coach: Mr. Rod Hill, serving for the first time as USA team coach, did an excellent job. He handled the girls in his quiet way with much consideration. He was very pleasant to work with. The team was eager to do good for him at all times. He managed to impress greatly on each individual's performance as compared to the first meet's scores.

FIG Judge: Mrs. Erna Wachel was a great asset to us during the competition as well as outside of the gym floor. Her maturity, distinguished mannerism, outgoing friendliness and unending youthful humor attracted all Japanese people. She was a most superb ambassador. Where language difficulties arose, she bridged them well with her newly learned Japanese words. This delighted the people to no end. Departing from Nagata, the whole delegation broke out in tears, waving goodbye and "Sayonara!" (see you again).

PREPARATIONS PRIOR TO DEPARTURE:

This competition was one of the most well-prepared ones. Traveling arrangements handled by Mrs. Shirley Bryan were perfect and schedules for all phases of the trip were well planned.

Three sets of leotards were used with one set of warm-ups.

The four flags for team exchanges were especially ordered by the Tucson office and looked very nice.

Through my letter of information sent to all members, we were able to prepare with ample gifts for exchange. It was a great feeling of being able to give — instead of receiving everywhere.

The special arrangement made to rest one night prior to our flight in Los Angeles was a very worthwhile idea on the part of Mrs. Bryan. Several of the girls needed it badly, arriving in Los Angeles exhausted. Probably this factor contributed to our good performance in this meet more than any other thing.

CHIEF de MISSION —

Manager and FIG Judge:

Margie Troiber (myself) had the privilege of visiting Japan for the second time in the same capacity. It was a very happy occasion to see again the many

friends from the Japanese Gymnastics Association. By being with various USA teams abroad several times, the work for our team seemed to be nothing more than pleasure. I find that by knowing many things about the Japanese ways of working in gymnastics, their culture, protocols, customs, and food, my work was much easier. The continuous briefing of our team successfully prevented any awkward situation. Well in advance, everyone had an understanding of any new, strange meet, allowing us to react to anything the best way.

Our Japanese hosts found their work easier and most pleasant as there was no need for extensive explanations — in broken English — to familiarize us with meet schedules, plans, or other arrangements.



Kelly Nursey

GYMNASTS:

Our team showed discipline in training and in performance, complimenting us and their home coaches. In social situations, they proved to be sophisticated, well-mannered young adults, showing much appreciation and kindness to our staff, hosts and to the numerous new friends that they made. They enjoyed the excitement of the days, adapting themselves to the differences of customs willingly. Although their diet consisted mainly of American-style food, toward the end of the stay they ate octopus, bean sprouts and other exotic foods.

But, one item still has not been mastered: changing from shoes to slippers and from slippers to socks when entering the house and the rooms of the Tatami mats. Some one of us always committed the "sin" of walking in with slippers on. "Gee me my sin" (excuse me....) was learned fast through the frequent mistakes.

SUGGESTIONS:

- 1) Take minimum luggage to Japan, possibly one small suitcase. It is really impossible to move in the crowds with very much luggage. With heavy loads, one can easily get lost at train stations or be unable to get off the trains at the stop for only 30 seconds.
- 2) It is essential to have at least one set of lockers for each competition. In the humid weather, they don't dry in time during the short time between events.
- 3) Have the tris on the locker put on professionally. Hand work is unwise when time is needed for eating but has to be spent on stitching of tris.
- 4) Be prepared with enough exchange gifts. If there are four meets, take at least 60 individual gifts as minimum. Some competition involves two or three sets of gifts since several teams are involved in one meet.
- 5) Have a travel uniform.
- 6) Have an empty duffle bag for the many souvenirs received and bought to take back.
- 7) Have name cards to present — with address — to exchange. It uses a lot of writing time. I suggest it not only for the staff but for gymnasts as well. (Everybody collects names! We too!)
- 8) Train gymnasts to be able to perform well after 30" warm-up time prior to events. We need a strict enforcement of this international warm-up regulation during our USGF meets. (This difficulty was a recurring problem in Japan for the third time

with three different groups.) Their meets are conducted as clockwork with the strict discipline, not allowing for delays or extra privileges due to the inexperience of the visiting team.

We need to make every effort in the future to return maximum hospitality to any visiting Japanese team in the United States — even if we have to **ROB A BANK!** (What our host probably would have to do unless (1) preparations were made well in advance, (2) USGF Regional and Local efforts were mobilized and coordinated from the area of each host.) The success of the Japanese "hotei-ship" from this type of group effort could clearly be seen. Everyone of us enjoyed their hospitality and felt very much

honored and obligated to our Japanese hosts.

Finally, I would like to convey a message from the Japanese Gymnastics Association: they extend their warmest greetings and best wishes to Mr. Frank Bane and to the leaders of the USGF.

In the name of our group and myself — every time we looked at the United States Flag on these arena walls and heard the National Anthem, we sent home a message: Thank you USA, thank you USGF, for allowing us to have the privilege of representing you!

Respectfully submitted,

Margit Treiber

Chief de Mission

USA — Japan International

High School Competitions — 1974

Japan



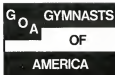
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TAKIFU - USA TEAMS that competed in JAPAN



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NOVEMBER 8, 9, 10, 1974

The 1974 USGF Congress will be held in Chicago, Ill. at the Sheraton-Chicago Hotel on November 8, 9, & 10. The USGF regrets that the Russian gymnasts will not perform in Chicago as was previously announced. The City of Chicago cited a conflict of schedules as the reason. Mr. Yuri Titov, Chief of Gymnastics in the USSR, is expected to address the Congress.

Advance registration will be \$20.00, which will also include the Saturday night cocktail party and the USGF Banquet. Advance registrations close November 1, late registrations will be \$25.00. Please mail your registration check to — USGF Congress — Box 4699 — Tucson, Az. 85717.

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